

PTA NEWS AND FALL UPDATES

The PTA has been working very hard over the last year to make a large, positive impact in the school and not just be a fundraising organization. At the end of last school year the PTA started a teacher mini-grant program where teachers could apply for up to \$250 toward educational supplies or a project they felt would supplement their classroom instruction. So far we have had many excellent submissions and have approved over \$1500 toward the extra programs. The PTA realizes how lucky the children of Fremont are to have such caring and competent teachers who have great ideas and now have an extra way to supplement their classroom lessons. The PTA held a back to school luncheon for the teachers and staff on August 24th that was themed a Texas-style BBQ. It was a great success thanks to all the wonderful volunteers who baked and helped out that day. A special thank you to Amanda Lennon and Kara Maslowski who planned the event and to the following companies who gave generously: Goody Cole's of Brentwood, Hannaford Supermarket, and J&B Butcher of Hampstead.

The Ellis school is lucky to have so many parents who volunteer. Those who are new to volunteering (3 years or less) are invited to the Volunteer Tea on October 3 at 9:00 am at the town library. Directly following the Tea will be our monthly meeting. Please come and support your children by joining the PTA. We are in the midst of our yearly membership drive and it is inexpensive to join. If you have an interest in supporting our school, please come and share your ideas. Contact Cathy Herrmann for information at 642 4913.

Of course, all organizations have to make money to stay around so our fall fundraiser is coming up and will occur from 9/19-10/1. We will be using the Meadowbrook Company that we had such success with last year. Thank you to Vicki Nelson and Melissa Copp for heading this project and if you have interest in helping, please contact them. Also, we have made some improvements to the student directory and will again be selling business card sized ads (in the front of the directory); advertise for your business and help out your school at the same time!

And lastly, a big thank you to all the volunteers (especially Breeda Royer) who helped with the kindergarten and first grade pencil boxes, the kids really loved them and it was a great way to welcome them into this great school community.

GIRL SCOUT REGISTRATION

If you and the young lady in your family were not able to attend the September Girl Scout Information Night, it is not too late to place her into a troop for the 2007-08 school year. Please contact our Fremont/Epping Service Unit Manager, Debi Bennis, at 679-1453. Girls in Kindergarten can become a Daisy, girls in grades 1 thru 3 are Brownies, grades 4 thru 6 Juniors, grades 7 thru 9 Cadettes, and grades 10 thru 12 Senior Girl Scouts. In our Service Unit, Cadette and Senior Girl Scouts have the choice of being in a conventional troop, or an interest group that explores careers (CES) or one based on camping and simple overnights (CAMP). There are also several opportunities for registered adults to become involved in our Fremont/Epping Service Unit too, and you don't need to have a daughter, step-daughter, granddaughter, niece, or other relative enrolled in a troop before you can volunteer! Call Debi for more information....Fremont girls need you!!

SPCA THANKS

Two trips were made to the New Hampshire Society for the Prevention of Cruelty to Animals (NHSPCA) in Stratham. Thank you for donating a total of 201 items!! Sixty bath towels, 12 beach towels, 44 hand towels, 22 wash cloths, 2 baby bath towels, 26 blankets, 3 comforters, 1 bed spread, 1 lap blanket, 6 baby blankets, 1 bed pad, 8 sheets, 3 sets of flannel sheets, 7 pillow cases, 2 fuzzy clothing, and 3 rugs. Thank you so much for helping the animals, they really appreciate it ~ Jolene Levesque.

LOOK FOR THE NEW DESIGNATED RIVER SIGNS!

The Department of Environmental Services (DES) Rivers Management and Protection Program has been working with Local Advisory Committees (such as the Exeter River Local Advisory Committee) and Conservation Commissions to place Protected River Signs up at river crossings that are managed and protected under RSA 483. The Exeter River is one of fourteen rivers in the State of New Hampshire protected by RSA 483 because of its high cultural and natural resource value. Fremont and six other communities within the Exeter River Watershed have planned to purchase these Protected River signs.

Many residents and visitors use the Exeter River for recreational purposes. Wildlife and fish depend upon the river for survival. The river is a water resource, and everyone expects clean water to drink, bathe, and cook with. The health of the Exeter River is important to all of us who live here, and to other communities within the Exeter River Watershed.

These signs will be placed throughout Fremont at Exeter River crossings within the town or state right-of-ways. If you have any questions about the Rivers Management and Protection Program please visit the DES web site at <http://www.des.state.nh.us/rivers/designriv>. If you have any questions or would like further information about the Exeter River Local Advisory Committee please visit the web site at <http://www.exeterriver.org>, or contact Tina Sturdivant at 895 9436.

ANIMAL CONTROL NEWS

Fall has finally arrived! Please keep your eye on your pets. With the cooler weather many dogs are more apt to roam off smelling the wonders of squirrels and chipmunks that are busy stocking up for the winter. I am finding most dogs that are getting picked up are not wearing their license tags. This results in pick-up fees, running at large fees, and boarding fees for the owner. When your pet has the license attached, it only takes a phone call to reunite owner and pet.

If you find you are missing a pet or locate a stray pet please call the station at 895 2229. Renee King, Fremont Animal Control Officer

VITAL RECORDS IN THE TOWN REPORT

Any Fremont Resident married in 2007 in a state other than New Hampshire who would like their marriage event to be published in the annual Town report must send a letter of request and a copy of your marriage license to the Town Clerks Office. Sending a letter of request and a copy of the event can also publish any birth or death that occurred out of state.

Any Fremont Resident who had an event occur within state who would prefer not to have it published must send a letter to the Clerk's Office requesting the event not be published in the Town report.

Requests must be in to the Town Clerk by Friday, January 4, 2008. Please feel free to call the office at 895 8693 if you have questions.

ELLIS SCHOOL LONG RANGE FPC

The Long Range Facilities Planning Committee is looking at the options available to help alleviate the overcrowding issues at Ellis School. The Committee is made up of representatives from both the Fremont School District and the community.

If you are interested in joining this committee please contact Normand Tanguay at 895 6904 or by email at ntanguay@sau83.org.

The next meeting will be held on Wednesday October 3, 2007 from 6:00 to 8:00 pm at the Ellis School Library, 432 Main Street, Fremont NH.

DAYLIGHT SAVINGS ENDS November 4, 2007; change your clocks and change the batteries in smoke detectors!

BOXTOP\$ NEWS

It's time to clean out the kitchen drawer and bring any of your accumulated BoxTop\$ForEducation to either the collection box in the Town Hall or Town Library. Did you know that BoxTop\$ can be clipped from over 300 grocery items, including Kotex, Depends, Poise, Hefty and Huggies products? Each BoxTop\$ForEducation is worth 10 cents towards earning \$\$ for programs sponsored by the Fremont PTA.

HOOD SOX TOPS

All 2007 Sox Tops and "3-A-Day" milk caps that have been collected, from Hood milk in the LightBlock Bottle®, will be sent in for redemption at the end of October. For every cap received, Ellis School earns 5¢ towards items for the Nurse's office, which includes a new stethoscope. Please bring your Sox Tops and "3-A-Day" milk caps to a collection container located at the Ellis School, Town Hall, Public Library, Liberty Square Market, or Village Market by **Friday, October 26**. Questions - please call Faith Levesque at 679-9537.

TRICK-OR-TREAT FOR UNICEF

It's that time of year again, when Fremont children have the opportunity to carry an orange UNICEF box while they are out trick-or-treating on Tuesday, October 30th from 5:00 to 8:00 pm.

The tradition of 'Trick-or-Treat for UNICEF' began in 1950 in the United States when Philadelphia school children first went door-to-door on Halloween collecting money in decorated milk cartons to help the world's children. They raised a grand total of \$17.00, kicking off a campaign that now has millions of children around the world participating every year during the month of October. U.S. children have collected \$119 million by going door-to-door with the trademark orange collection boxes and through fundraisers. An additional \$69 million has been raised by other children in other countries. All Trick-or-Treat for UNICEF money is used to provide medicine, better nutrition, clean water, education, emergency relief and other support to children in more than 160 countries. Last year \$218.13 was sent to the U.S. Fund for UNICEF in Washington, DC on behalf of Fremont and our surrounding community!

During the month of October, an orange UNICEF box will be on the counters of Liberty Square Market (corner of Sandown Rd. and Main St.) and Village Market (corner of Routes 107 and 111A) to accept donations of spare change. And, for a third year, the Fremont Pizzeria Restaurant will match the donations put into these two UNICEF boxes!

Fremont children who would like to Trick-or-Treat for UNICEF this year may go to the Safety Complex and ask Mary, the Police Department's Administrative Assistant, for an orange UNICEF box during the week of October 22nd between the hours of 9-12 & 1-4. Fremont residents can participate by dropping a few coins or a dollar bill into the orange box when you hear a little voice say "Trick-or-Treat for UNICEF!" Loose change adds up quickly!!

To find out more about UNICEF, visit them online at www.unicefusa.org or call 1-800-4UNICEF. If you have any questions regarding Fremont's participation, please contact Faith Levesque at 679 9537.

VEHICLE RENEWALS

If you renew your vehicle registration in person you **MUST** present either the actual registration or the renewal mailer that is mailed to you. If you do not present one of these options, the State will assess a \$12.50 fee for each registration that you do not have. If you have questions, please feel free to call the office at 895 8693.

MOSQUITO CONTROL

Mosquitoes remain an issue until we have a hard frost, so continue to protect yourself and your children by wearing long pants and long sleeves, insect repellent, and using caution when outdoors during times mosquitoes are active.

VOLUNTEERS NEEDED!

The following Fremont Organizations are looking for members:

Open Space Committee
Parks & Recreation Commission
Planning Board
Zoning Board of Adjustment

Representative to the Exeter River Local Advisory Committee
Consider becoming involved in a Fremont organization. Learn more about your town and perform a very valuable community service. Contact the Town Offices for information and we will refer you to someone who can give you details about the positions and what they entail. Also check the town website at www.Fremont.nh.gov for more information and contact names, numbers and email addresses.

Get involved in making Fremont the place you want to live!!!

FREMONT DEMOCRATIC COMMITTEE

There will be a meeting of the Fremont Democratic Committee at 6:15 pm on Thursday September 27, 2007. The meeting will be held at the Fremont Public Library, 7 Jackie Bernier Drive, Fremont NH.

All interested parties are urged to attend. For questions or more information, contact Bob Larson at 895 4013.

EXETER HOSPITAL FALL LECTURES

Exeter Hospital is again presenting the T Elliott Young Lecture Series of Educational lectures. Register by calling 1 800 4 EXETER (1 800 439 3837) or on line at www.exeterhospital.com.

Presentations are at Exeter Hospital in the North Conference Rooms (5 Alumni Drive, Exeter NH). Contact hours are available for health care professionals in attendance.

Tuesday October 9 – 6:30 pm GET JOINT PAIN OFF YOUR MIND: OSTEOARTHRITIS CAUSES AND TREATMENTS

Do you believe that achy joints are something you simply have to learn to live with? That stiff knees or swollen fingers are just part of the aging process? Doctors will discuss arthritis and focus on the wide range of leading-edge medications and treatments available today; the newest surgical procedures to combat joint disease, and causes and symptoms.

Tuesday October 23 – 7:00 pm LISTEN TO YOUR GUT!

Do you experience unexplained gas, bloating, or fatigue? Do your joints ache or do you have muscle cramps? You may have celiac disease. Learn more about this under-diagnosed condition.

Tuesday November 13 – 7:00 pm SUPERMOM SYNDROME
Trying to juggle the responsibilities of work, home and children? Do you wonder how some moms do it all? Most moms struggle daily to find life balance – you are not alone!

Tuesday November 27 – 7:00 pm THE AUTISM SPECTRUM: RECOGNITION, TREATMENT, HOPE!

If you don't know a child with Autism, chances are you soon will. A 2007 DCD report found that one in 150 children in America today have an Autism Spectrum Disorder.

More detail can be found on the Exeter Hospital website, or on the Health Department page at www.Fremont.nh.gov.

CABLE SURVEY

If you have not yet completed a survey from the September Town Newsletter, or downloaded it from the Cable Committee page on the Town's website (www.Fremont.nh.gov) please do so soon. The more responses the Committee receives, the better they are able to address the Town's ideas and what you want in a renewal contract as it relates to public access.

If you need another copy of the survey, call the Selectmen's Office and we can send you one.

There is a Fremont meeting broadcast each evening at 7:00 pm on Comcast cable channel 22. Tune in and see what's happening!

ROADS & THE RIGHT-OF-WAY

The Highway Department is finding obstructions in the Town's right-of-way that are not permitted. Plantings, mulch, trees, rocks, and decorative pavers ARE NOT PERMITTED.

These structures of any size obstruct drainage from the roadway and cause other road problems.

RSA 236:15 states that any building, structure or fence within or over any highway is a public nuisance. Please do not place any such items in the right-of-way or they are subject to being removed by the Highway Department. Please remove any such obstruction to avoid further action. In general, the town right of way is 13 feet on either edge of the paved surface.

If you have any questions, please feel free to contact the Road Agent Guerwood Holmes at 300 7429.

DRIVEWAY PAVING PERMITS

Before any driveway is paved or resurfaced, approval is needed from the Road Agent. Grading and drainage issues need to be checked before any pavement (new or replacement) is installed. New driveway construction also requires a permit from the Town. The Planning Board Driveway Regulations, new driveway construction permit, and the driveway paving permit are all available on the Town website at www.Fremont.nh.gov on the Road Agent page.

Driveway permits and an inspection are also required when installing or relocating your driveway, for improvements such as garage construction. Contact Guerwood Holmes at 300 7429 for more information. Permits and regulation information are also available at the Selectmen's Office during regular office hours.

DOG LICENSES ARE NOW OVERDUE

As of June 1, a \$1.00 penalty per month will be added to the normal licensing fees.

As of July 12, any dog remaining unlicensed **will** be assessed a civil forfeiture fee of \$25.00 **per** dog in accordance with RSA 466:13 in addition to the \$1.00 per month penalty and the normal licensing fees. If you acquire a new puppy / dog, you need obtain a license once a rabies vaccination is administered.

FREMONT FOOD PANTRY

The Fremont Food Pantry is getting geared up for the Fall/Winter Season that will be fast approaching. If you would like to help the Food Pantry to restock the shelves, the following is a few items we are in need of:

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| Paper Towels | Pasta Sauce |
| Toilet Paper | Condiments |
| Snack items | Gift cards to Hannaford |

As always, any donation of non-perishable items are appreciated, as are frozen foods. Monetary donations can be made payable The Fremont Food Pantry, PO Box 97, Fremont, NH.

The Fremont Food Pantry continues to service Fremont residents in need year round. This would not be possible without the donations from the Fremont community. Thank you for your continued support. For more information about the Fremont Food Pantry, please contact Kathy at 895 1162. All calls to the Pantry are completely confidential.

PARKS & REC SEEKING NEW MEMBERS

The Fremont Parks and Recreation Commission is seeking new members. The Recreation Commission oversees the Memorial Ball fields along with planning and implementing fun activities for youth and adults alike. Past activities include an Egg Hunt with over 1000 eggs for Easter; the annual Halloween party, and Holiday Tree Lighting. We also have developed a Playgroup for younger children and the Camp Fremont Summer Program for school aged children.

We would love to add more adult activities and welcome your ideas. The Recreation Commission is a great way learn about your community. We meet once a month. Please call Renee at 244 1404 for any information; or send an email to ReneeKing@comcast.net.

OPEN SPACE COMMITTEE NEEDS YOU!

The Fremont Open Space Committee is a group of people who work together toward preserving the natural resources, wildlife habitat, open spaces and rural character of our town. Over the past few years, the Committee has actively worked to acquire the Glen Oakes Conservation Area, and is trying to promote public awareness of the importance of preserving open space.

We are looking for new people to come and see what our committee is about and to encourage you to offer your ideas, talents or knowledge. We have many upcoming projects that are in need of volunteers, such as monitoring programs for town forests, wildlife / bird / plant inventories; committee walks, snowshoeing or cross country skiing, wildlife viewing, and more. If any of these things interest you, we would like to hear from you. You can contact the Open Space Committee by email at openspace@fremont.nh.gov or call one of our co-chairs: Janice O'Brien (679 5545) or Kenn Jones (679 5573).

ERLAC LOOKING FOR MEMBERS

The Exeter River Local Advisory Committee (ERLAC) is looking for two additional residents from Fremont to serve on the Committee, which meets monthly in Brentwood. ERLAC is actively involved with protecting water quality, water quantity and wildlife habitat in the Exeter River watershed. They also provide education outreach through presentations open to the public, a spring vernal pool workshop and the Alewife Festival. If you are interested in joining an active group of volunteers and interested in learning more about the River, please contact Theresa Walker of the Rockingham Planning Commission at 778-0885. More information on ERLAC can be found at the Committee's website: www.exeterriver.org.

ZONING BOARD OF ADJUSTMENT AND PLANNING BOARD OPENINGS

Are you interested in Fremont's Zoning and Planning endeavors and do you have time to dedicate to the community?

The Zoning Board of Adjustment and the Planning Board both have openings for alternate members. The positions are open to residents interested in community service, the future of Fremont, and land use. You must be a registered voter to be appointed.

The positions involve evening meetings and occasional site walks. The positions require dedication; the desire to implement and work with the Town's regulations, ordinances and procedures, and a willingness to participate in community issues. This knowledge can be gained as you attend meetings and become familiar with regulations and ordinances.

Contact Meredith Bolduc at 895 3200 x 17 for more information. You can see her during business hours or contact her by email at FremontPZ@comcast.net.

Additional information, minutes, and regulations can be seen on the Town's website at www.Fremont.nh.gov and clicking on Planning Board or Zoning Board pages.